

Social and Emotional Learning (SEL)

Self-Care: Grades 3-5: Getting the Help I Need

Overview:

Self-advocacy is the understanding of one's needs and their strengths and weaknesses. It gives them the ability to develop their personal goals, how to speak up or stand up for themselves to get their needs met, and make decisions. In this lesson, your child will learn strategies to identify their needs, how to communicate to get their needs met, and who can help them meet those needs. Self-advocacy will build self-confidence as one accepts ownership of their needs individuality, and self-empowerment.

Objective:

The child will learn what self-advocacy is and how to get the help they need.

Child Goals:

I know how to get the help I need.

Vocabulary: advocate, self-advocacy, solution

Learn - 5 to 10 minutes

Some strategies to advocate for oneself include:

Identify what you need - Know what you need. Believe in yourself and believe that you deserve to get what you need.

Think of solutions - Can you meet your own needs? If yes, meet your needs. If you need help, think about who can help you.

Ask for what you need - Choose a good time to talk with the person. Ask for what you need with confidence and state your need clearly and calmly.

Discussion Questions

These questions will help facilitate discussion with your child on the importance of advocating for oneself and how to develop self-advocacy skills.

- What is self-advocacy?
- How can you advocate for yourself?
- Tell about a time you advocated for yourself to meet a need.

Additional steps in advocating include:

When your child needs help, work with him or her to recognize what the need is, who can help him or her, and how to ask for help. Don't always step in to meet a need before it is expressed. If your child is upset, angry, or hungry, ask him or her, *What are you feeling? How can you confidently speak up for your needs?*

Practice - 10 minutes

<p>The <i>Get What You Need</i> activity provides an opportunity for your child to practice developing self-advocacy skills. Before beginning the lesson, talk to your child about their needs and how those needs can be met.</p>	<p>Using the <i>Get What You Need</i> resource, partner with your child and roleplay a scenario. Ask your child to identify the need and think of solutions.</p> <p>Discuss the solutions and agree on the best solution or solutions. If your child needs assistance, remind him or her of the strategies to ask:</p> <ul style="list-style-type: none"> - Choose a good time to ask. - Ask with confidence. - Stand up straight. - Look at the person. - State the need clearly and calmly. - Be polite. <p>Additional practice includes:</p> <p>Role playing exercises with your child to ask authority figures for help in getting needs met or asserting rights.</p> <p>Share stories of role models in literature, history, and current events of people who advocated for themselves.</p>
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Deeper Dive - 10 to 15 minutes

<p>The <i>Getting What I Need</i> activity challenges your child to think about a need and how they can get that need met.</p>	<p>Provide your child with the <i>Getting What I Need</i> resource. Ask him or her to think of a need and complete the activity to get their need met. Give him or her a day or two to complete the activity. It might time to process how they want to advocate for themselves to meet the need. Once the activity is complete, give him or her the opportunity to share.</p>
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Tip: Encourage your child to ask questions or for help when they need it. If him or her is not comfortable with asking questions or for help, request for them to write their questions or their need. Try not to do things for your child that they can do for themselves, including asking for help. Model self-advocacy for your child by advocating for yourself and sharing how you advocated for yourself.

GET WHAT YOU NEED

IDENTIFY WHAT YOU NEED

Listen to your emotions. Ask yourself what you need.



THINK OF SOLUTIONS

There is always more than one way to get a need met.
Think of different ways to get your needs met.

If you can meet your need, great! Do it.
If you need help to meet your need, speak up and ask
for help.



ASK FOR WHAT YOU NEED

When you ask for help, remember:

Choose a good time to ask.
Ask with confidence.
Stand up straight.
Look the person.
State the need clearly and calmly.
Be polite.

GETTING WHAT I NEED

